

## Study of the Relation of Attribution Biases with Dyadic Adjustment of Bandar-Abbas Conflict Married Women

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**ABSTRACT:** The propose of this research was studying the relation of attribution biases with dyadic adjustment of Bandar-Abbas conflictive married women. The statistical population of this research includes all conflictive married women who had used services from consultation centres. From this population a sample consisted of 300 women was selected by the method of accessible sampling. To evaluate the variable, the research used questionnaire of ASQ dyadic attributions Spiner dyadic adjustment. For analysis of data she used the method of Pierson correlation to study the relation of variable also multiple regression analysis with simultaneous and step by step method for prediction the result indicated that there was a significant relationship at 0.01 significance level.

**Keyword:** Attribution Biases, Dyadic Adjustment, Conflictive Women.

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### INTRODUCTION

Human life consist of different stages and one of its most complicated and difficult stages is marriage is a complicated, tender dynamic human relation which has particular features. Luce wall and Loce wall , state that what is important in marriage is dyadic adjustment is a process which is mode during couples life, because it is a result of compatibility of interests recognizing each other's personality features, establishing behavioral rules and forming interactional patterns. There for, dyadic adjustment is an evolutionary process between couples [1]. Benone, also believes that dyadic adjustment is a multi-dimensional concept it consists of various factor which contribute is faction or dissatisfaction [2]. Kaplan and Sadck, declares that is a kind of life quality which is difficulty explainable its real evaluation is almost impossible. Experts have presented various definitions of this concept. All though all of them have common issue those are responsibility of personal life. Choosing health organization (who), healthy is a state of perfect physical, mental and social welfare and not only lock of disease or disability [3]. Mental health also like general concept of health has different definitions. Some of authors believe that mental health means: (person's positive perception of events and life situations), this definition points at a mental resource called "Optimism", which means that each optimistic person believes that every situation has a positive outcome. Humans communicate with each other based on the way that perceive themselves, their surrounding and future. Recent psychological and psychotherapy theories have considered "cognition" as an important and impressive factor in human's behavior, feelings and emotions. Based on this perspective, mental health, capability of adjustment, feeling satisfaction or dissatisfaction in life are mostly affected by this fact that how a person think and perceive himself/herself others and life events [4]. For continuing of dyadic life, different factors are effective but the main one is adjustment to influence of tense triggers. Such an adjustment to new and various situation in this period of time which is full of tensions and fast social changes is not easily possible. Researches of Atkinson and Hilgard indicate that every transformation in human's life either pleasant or not, forces them to adjust again to new situation [5]. One the important aspect of adjustment is related to dyadic. Undoubtedly adjustment in other aspect of life has influenced dyadic satisfaction. From Elliss [2] point of view, dyadic adjustment, has been defined as" objective pleasant feeling, satisfaction and experienced joy from spouse of dyadic life. Most of the researches here showed that there is a significant relation between attribution and dyadic satisfaction / dissatisfaction .satisfaction has a strong relation with happiness and subjective well0bing [6]. Welfare, and couple's gender health, also plays an important role in family endurance doing parental duties and upbringing children. Usually, in first days of marriage, most of couples are satisfied to great extent, while some other show dissatisfaction in first years of marriage, which probably leads to divorce, and as Lace Wall, has stated it causes a wide range of disorders in children behaviors such as depression, isolation, indecency, week school performance and problems in social relationships. Dyadic adjustment is a process which is made during couples' life because it is a result of compatibility of interest, recognizing each other's personality features, establishing

behavioral roles forming interactional patterns. Therefore, dyadic adjustment is a multi-dimensional concept and it consists of various factors which contribute to satisfaction or dissatisfaction. Scientific study about dyadic adjustment has drawn much attention [7].

Cheong, considers causal attribution as a process during which individuals try to find out the causes of events or behaviors. In recent years, the concept of attribution has drawn much attention for dyadic therapy by cognitive-behavioral method. Researchers have indicated that dimension of attribution general, stability of intention authority are related to dyadic desperation and conflictive behaviors. Therapist and researchers who study the field of cognitive-behavioral approach, have proposed that selective attention causal attributions, expectations and unrealistic criteria are crucial for understanding dyadic problems. Generally, it is supposed that inflect casual attributions maintain or probably are triggers of dyadic problems [8]. Gilbert and colleagues believe that the issue is how we make attributions. most social psychologists suppose that perceivers review available evidence and that they dude which attribution (personal or situational) should be made, but Gilbert states that attribution is a two-stage process, first we make a rapid attribution, than we adjust our perception to justify the influence of situation and consequence. First stage is simple and automatic but attention to situation and consequence needs our contemplation, so because of complexity and difficulty in this stage, situational attribution is less considered. Fundamental attribution error also points at thy issue. Fundamental attribution error: inflect, we usually ignore external factors when making decision don't regard them as important, in contrast we pay more attention to internal dispositional factors. This indicates an error which is called fundamental attribution error. Even when there are apparent situational factors again, such tendency to finding out personal internal factors could be seen [9].

Apparently this bios result from the fact that when we observe others behaviors, we pay more attention to action and less attention to the situation. So, due to prominence of behaviors, we pay less attention to possible influence of situational factors while we consider internal factors more important. Fundamental attribution error has important ramifications. For instance, some people despite of being informed of influential situational factors such as, in sufficient educational opportunities, disintegrated family addiction, don't approve of this kind of family and regard the family members responsible for their undesirable life condition. The actor-observer effect item from fundamental error resources in attribution is actor-observer effect. If we see a person Fallen down, we attribution this to that persons clumsiness (internal causes), but if we, ourselves, Fall down, we attribution this to flatness of soles or slipperiness of the floor (situational causes). This error in attribution is known as actor-observer effect. This means that our attribution to determine internal or external causes is based on our status of being actor or observer. Other studies have clarified that the different between attribution ourselves attribution is so complicate is indicative of two kind of biases. First the self- steam. Bias which means that individuals implore their self-steam by increasing their contribution in positive behaviors or because of decreasing their contribution in negative behaviors, they blame others or situational factors to maintain their self-steam. Second bias is related to haring control on environment. Wright et al. believe that the bios toward supporting increasing self-steam, when behavior or output are important (strongly positive or strongly negative), is stronger [10]

Self-serri bias: positive attribution disposition successes to internal cause's such as high degree much efforts and negative disposition failures to external causes in ourselves activities, is called "self-serri Bias" and apparently its occurrence is general has much influences. There are many comments on this issue that, why these attribution errors would occur, most of which are divided in two groups: cognitive and motivational explanations. Cognitive pattern explains that self-serri bias is basically resulting of specific tendency to the way of processing information. We attribute positive results to internal cuss's negative result to external ones; because we hope to be successful we have this tendency to attribute expected results to internal causes and not to external ones. In contrast, motivational explanation is about this issue that this bias is result of our need to maintain our self-steam. We need to convince ourselves that we are wise people and this leads to changing issue which are seemingly important to use or if we do something that hurt an innocent person if this hurt is real objective, this notion that I am a genuine, just eise person would be opposite to the nation that I have hurt someone else. If the hurt is real clear, so we can't decrease this mismatch by changing our opinion, this time the effective method of decreasing that mismatch is to blame our victim who is hurt to convince ourselves that our victim is deserted of being hurt or his/her action is offensive he/she is a bad whacked person who desires blame. In general, dyadic adjustment is one of the striking issue affected by personality psychological variables, and accomplished researches in this field are indicative if relations between attribution styles and mental health. In addition, attribution biases is one of influential elements of attribution styles which may have influence on dyadic relationships. So the researcher is willing to clarify this issue whether there is a relation, to what extant is the contribution of attribution biases to dyadic adjustment and mental health of those women?

## MATERIAL AND METHODS

### Population, Sample Sampling Method

The population of this research includes Bndar Abbas conflictive married women in 1391. A sample consisted of 300 women was selected by the method of accessible sampling. Statistical method used in this research is person correlation and regression.

## Research Measures

**1-**This entrustment was made by Fatemeh Najafloei based on Finchman's version of dyadic attributions which has been translated by Gharachedaghi. This instrument consist of 71 short question to explain four assumed situations that address potential causes of couples behaviors in that four situations which encompass three dimensions of (causal attributions, internal/external, total/minor, stable/unstable, triple dimensions of "responsibility attribution" negative/positive intention, reserved of blaming/forgiveness, selfish/selfless motivation). Than to investigate the instruments reliability 17 couples (34 persons) were asked to answer its item . The instruments cronbach alpha has been estimated 0.071, correlation between two halves of the instrument 0.074 to determine its content validity, opinions of three specialist namely Etemad were obtained all of them which were positive.(Najafloei,1382) In this research cronobach's alpha foer the whole questionnaire was obtained 0.93 . In this instrument each question has 5 answer options which are "strongly agree". "Agree", "I have no opinion", "disagree", strongly disagree" which are scored from 1 to 5. So the least score would be 71 and the most one would be 355. High scores are indicative of attribution problem.

## 2-Questionnaire of dyadic adjustment

In this research, German spinner's two-item adjustment scale was used for collecting data about dyadic adjustment. This scale is a 32-question instrument for evaluating the quality of dyadic relationship from viewpoint of wife or husband or any other couples who live together. This instrument has been made for two proposes. By obtaining sum of scores, this instrument can be used to measure general satisfaction in intimate relationships. The factor analysis indicates that this scale evaluate four dimensions of relationships which are: 1- mutual satisfaction 2- mutual attachment 3- mutual agreement 4- expressing love, total score of scale with cronbach's alpha 0.96 has a good internal reliability. The internal reliability of sub scales ranges from good to excellent. Mutual satisfaction 0.94 mutual attachment 0.81 mutual agreement 0.90, expressing love 0.73. This scale was tested by logical methods of content validity. Dyadic adjustment scale has shown its validity for known groups by ability of distinguishing between married, divorced couples for each question. This scale also has concurrent validity and has correlation with Luck Walas's dyadic satisfaction scale [6].

This scale standardized by Amoozgar and Hosseinnejad in 1995. This scale was used by the method of retesting in a 10 day time interval on a group consisted of 120 person (60 wife and 60 husbands) Pierson method was used to measure correlation. Correlation coefficients between couples scores in two times was 0.86 for total scores 0.68 for dyadic satisfaction scale, 0.75 for dyadic attachment scale 0.71, dyadic agreement scale 0.61 for expressing love scale.

## RESULTS

### Description of the samples characteristics

#### 1. First research hypothesis: there is a relation between attribution biases and dyadic adjustment.

To investigate this hypothesis, the researcher used method of Pierson's correlation. Table 1 shows the correlation matrix between attribution style dyadic adjustments. According to result, the total score of attribution styles had significant negative correlation with dyadic adjustment, sub scale of dyadic satisfaction, mutual attachment, mutual agreement, expressing love. Correlation coefficients were -0.6, -0.493, -0.5, -0.54, -0.498, respectively they all were significant at 0.01 level.

**Table 1.** Characteristics of the sample

Characteristics	Age group participant	F	Variable percentage
Age	20-27	126	42
	28-35	111	37
	36-44	63	21
Education	Under diploma	93	31
	diploma	87	29
	Higher diploma	63	21
	Under graduated	55	18.3
	graduated	2	0.7
Marriage to relatives	Yes	258	86
	No	212	70
Having children	Yes	88	24.6
	No	74	
Having relationship before marriage	Yes	226	95.8
	No	287	
Having common religion with spouse	Yes	13	4.3
	No		

**Table 2.**

Indices	Dyadic adjustment	Dyadic satisfaction	Mutual attachment	Mutual agreement	Expressing love
Total score of attributional bias	-0.6*	-0.493	-0.503	-0.543	-0.498*
Significant level	0.001	0.001	0.001	0.001	0.001
Internal	-0.535*	-0.229*	-0.259*	-0.422*	-0.312*
Significant level	0.001	0.008	0.003	0.001	0.001
External	0.006	-0.209*	-0.117**	-0.079	-0.127**
Significant level	0.423	0.006	0.045	0.543	0.038
Stability	-0.629*	-0.423*	*0.496	** -0.161	*0.556
Significant level	0.001	0.001	0.001	0.13	0.001
Unstability	**0.151	-0.017	*0.334	0.144	-0.054
Significant level	0.021	0.113	0.001	0.03	0.556
Total	*-0.551	*0.36	-0.101	*0.495	*-0.34
Significant level	0.001	0.001	0.158	0.001	0.001
Minor	0.03	0.6	*0.2	0.01	0.008
Significant level	0.42	0.23	0.004	0.82	0.78
Positive intention	0.08	0.02	0.06	0.1	0.1
Significant level	0.5	0.76	0.23	0.41	0.16
Negative intention	*-0.45	*-0.48	*-0.30	*-.38	*-0.4
Significant level	0.001	0.001	0.001	0.001	0.001
Deserved of blaming	*-0.68	*-0.60	*-0.14	*-0.59	*-0.53
Significant level	0.001	0.001	0.001	0.001	0.001
Deserved forgiveness	0.1	*0.2	** -0.13	-0.056	** -0.13
Significant level	0.65	0.008	0.024	0.23	0.031
Selfish motivation	*-0.56	*-0.52	*-0.42	*-0.47	*-0.15
Significant level	0.001	0.001	0.001	0.001	0.22
Selfless motivation	*0.21	*0.17	*0.34	**0.14	**0.132
Significant level	0.002	0.008	0.001	0.021	0.039

\*p<0.01; \*\* P< 0.05

## 2. Second research hypothesis

Attributional biases contribute to dyadic adjustment. This hypothesis investigated the role of attribution styles in predicting the extent of conflictive women’s dyadic adjustment. To investigate thy hypothesis, the researcher used multiple regression analysis with simultaneous method. To determine the influence of predictor of variables on dyadic adjustment variance, dyadic adjustment variables, attribution style were analyzed in regression equation concurrently.

The table 3 shows that used on the obtained model, the extent of predictor variables, correlation with dyadic adjustment is 0.765 the value of determination coefficient r<sup>2</sup> is 0.585 the value of adjust r<sup>2</sup> is 0.511 which means that 0.051 of dyadic adjustment variance are explained by predictor variable.

Table of analysis of variance (table 4) investigated the significant of regression model based on which all result show this significant. The calculated F value is 60.878 with degree of freedom 13, significant level less than 0.01 which is indicative of significant of regression model.

**Table 3.** R, r<sup>2</sup> for regression equation

Statistical Indices	R value	R <sup>2</sup> value	R <sup>2</sup> value adjust
Statistical value	0.765	0.585	0.511

**Table 4.** One way analysis of variance of regression model

Statistical indices	SS	df	MS	F	Sig.
Variance resource					
Regression	109845.831	13	9153.815	60.87	0.001
Residuals	431154.419	286	150.364		
Total	153000.250	299			

## DISCUSSION

The research result showed that there is a significant relation between attributional biases and dyadic adjustment. As it is shown in table 1 and the result of analysis of Pierson correlation indicate, the 1st hypothesis was confirmed ( $p < 0.01$ ). In other word, if attributional biases increase, dyadic adjustment decreases significantly, means that they have negative correlation. Additionally, the result showed that attributional biases contribute dyadic adjustment. As it is shown in table (3) multiple regression 2nd hypothesis was confirmed. ( $F 1.13 = 60.878 / p < 0.01$ ), and attributional biases predict dyadic adjustment significantly. The result of this research is in line with studies of Bradbury and Finchman, who confirmed the relation between attribution satisfaction dyadic relationships important. In addition, this research is in line with studies of Holtzorth and his colleagues 1985, who confirmed that conflictive couples, may involve in more attributional activities compare with non-conflictive couples, that first group may involve in the attributions which maintain conflicts while the second group involve in the attributions which improve relationship. In another study, Finchman and Bradbury investigated the role of attributions in dyadic satisfaction. The result of this study confirmed the causal relation between attributions dyadic satisfaction show that self-disclosure is between these two variables (the attributions influence on dyadic satisfaction through self-closure). Treatment improvement is the result of perceptual recreation of each spouse about disclosed attributions. This process is followed by negotiation the quality of persons behavior with his/her spouse is influenced by the attributions. Above results are explanations of this research result. Many researchers discovered that there is a strong relation between the control resource dyadic adjustments. In Iran also this researches Aghamohammadian, who confirmed the influence of thoughts attributional styles on dyadic on satisfaction and adjustment. To explain the above result, it is worth noting that the cognitive model is one of the recently proposed psychological model to analyze dyadic problems which has theoretical foundations and strong experimental background. First time to concept of dysfunctional attitude (DA) was bought out by Beck as a main concept of causing and maintaining depression disorder center to describe thoughts of depressed patients. Additionally attributional styles is a cognitive variable which has recently drawn many psychologists' attention. The basic assumption of this theory is that human is interested in recognizing casual structures of their environment and discovering the causes of events and getting to know that based on which motivation, each event is attributable [3]. Results of another research conducted Baren and Seligman, shows that explanatory style increases individuals' ability to face problems. In fact, couples who have optimistic explanatory style would interact with each other's behaviors and mistakes in better ways. They would have also more reasonable justification for negative events of their lives. Having these kind of styles lead to further adjustment and mental health. Ikmart Redystates that, conflictive couples are different in comparison with normal couples when explaining cause, of dyadic conflict. According to a research's result, conflictive couples consider their spouses as dyadic conflict. Jung and Lungpoph note that conflictive couples attribute good events of lives to themselves and bad events to their spouses. They consider their good behavior as long-lasting and their spouses' bad behavior as his/her bad character [11,12,13]. Pattern occur for couples most of the time in different situations when they believe that specific factors cause their failure. The expectation of vain responses may decrease and they may suffer helplessness only in some limited situations. Individuals who have generalized attributions, extent each failure and distress to all life domains and blame their spouses of being inefficient in most situations. This behavior is so harmful and weakens life foundation and leads to more maladjustments. However, attributional styles and their biases are related to dyadic adjustment and satisfaction and attributional biases contribute to dyadic satisfaction theoretically.

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